

# EBOLC ZERO DAY

## Engineer Basic Officer Leader Course EBOLC

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EBOLC student Unit of Assignment here at Fort Leonard Wood (FLW):

### **Company B, 554<sup>TH</sup> Engineer Battalion**

Any questions please call:

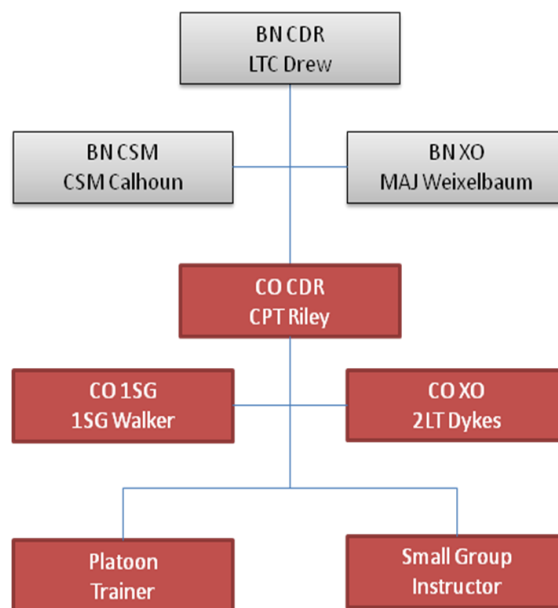
B company operations: (573) 596-7141

B company operations: (573) 596-2317

FAX (573) 596-0793

While you are here your chain of command is as follows. It will always start with your Platoon Trainer and Small Group Instructor (SGI)

Formal chain of command:



### **Scope:**

EBOLC is a 17-week program focusing on Combat and Construction skills needed by junior officers on today's battlefield. EBOLC will provide all newly commissioned engineer officers with the technical and tactical knowledge plus the skills that are essential to a platoon leader's success.

### **Prerequisite:**

Commissioned as a Second Lieutenant in the Regular Army, Reserves and National Guard.

### **Directions to Fort Leonard Wood:**

If driving, I-44 runs across the width of southern Missouri from St Louis in the east to Springfield in the west, and is the main thoroughfare that you will take to get here. The FLW main gate is located on I-44 at exit 161, in St Robert. After taking exit 161, drive south on Missouri Avenue for approximately 2 miles. Missouri Avenue will take you through the FLW main gate.

## **Reporting for Duty:**

FLW is a restricted access post. You must have either a pass or a permanent DOD sticker. Have your orders on hand. When you arrive you will receive a day pass from the front gate. In order to make your vehicle registration process smooth, make sure that you bring the following documents with you: a state vehicle registration, proof of insurance, military ID and driver license. Ensure that these items are not expired.

Upon your arrival to FLW, go to building 470 and check into lodging or receive a statement of non-availability (required for soldiers to live off post or in on-post housing). Building 470 is located on Missouri Avenue and is open 24 hours a day. After you get your room and address, stop by the post office (located next to Burger King, Bldg 498) and fill out a "Change in Mailing Address Card" so that your mail can be forwarded to your address at FLW.

Check your orders. They may authorize you to report to EBOLC early. If you have that opportunity, I encourage you to come in a week early, especially if you are going to be accompanied by your family members. This will give you time to take care of personal affairs and get settled into lodging before the class starts. It will make the first couple of weeks of class much easier for you! Remember, your orders must state that you are authorized to report early or you might not be reimbursed for lodging here at Fort Leonard Wood.

## **Reporting Day Instructions:**

All students must report NLT 0800 hours on the day prior to their course start date. This day serves as the zero day of mandatory in-processing. Students will report in IPFUs. When reporting for the Engineer Basic Officer Leader Course you should plan your affairs to allow you to complete the course without interruption. There will be little time to allow you to be absent from class. Requests for authorized absences from class will be adjudicated on a case by case basis.

## **Required Records and Documents:**

Numerous administrative actions occur during in-processing. Failure to bring required documents may result in pay problems or other administrative difficulties. Students are encouraged to maintain all travel expense records (receipts, invoices, etc.). Most students qualify for a Do-IT-Yourself (DITY) or partial DITY move. In addition, students will need the following documents during in processing:

- 10 copies of your assignment orders with all amendments, if applicable
- 10 copies of your DA 1610, if applicable
- Medical and Dental records (treatment record, DA FM 3444 series), a current physical exam, and HIV test results (DA FM 873)

- Request and authority for leave (DA FM 31) provided by your losing unit or school
- Updated medical immunization records
- Marriage license (only certified copies or the original are acceptable for marriage verification)
- Life insurance policies and emergency data (DA FM SGLV 8286 and DD FM 93)
- Family records (i.e. health, original or certified copies of birth certificates)
- Orders/documentation that reflect any periods of active duty that you have served while in the National Guard/Reserve
- Oath of Office

### **Personal Appearance:**

Starting with the day you report, and throughout this course of instruction, you will be evaluated and graded on military bearing, judgment, and maturity. Current Army regulations do not prescribe a particular style of haircut. Many styles are acceptable so long as they do not exceed certain specified criteria. The following criteria represent minimum acceptable standards:

The hair on the top of the head will be neatly groomed. The length and bulk of the hair will not be excessive or present a ragged, unkempt, or extreme appearance. Hair will present a tapered appearance and when combed will not fall over the ears or eyebrows or touch the collar except for the closely cut hair at the back of the neck. An integral part of military bearing is a soldierly haircut. You should consider such a haircut to be a part of the uniform of an officer in the United States Army, and report to EBOLC with a proper military haircut.

If a moustache is worn it will be kept neatly trimmed, tapered, and will not present a chopped-off appearance. No portion of the moustache will cover the upper lip or extend sideways beyond a vertical line drawn upward from the corners of the mouth. Handlebar moustaches, goatees, and beards are not authorized.

Sideburns will be neatly trimmed. The base will not flare and will be a clean-shaven horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening.

Female Soldiers' hair will be neatly groomed. The hair will not fall over the eyebrows or extend beyond the bottom edge of the collar. The hair will not prevent the proper wear of the prescribed headgear. Hair holding ornaments (barrettes, pins, and clips), if used, must be transparent or similar in color to the hair, and will be inconspicuously placed.

Female Soldiers are authorized to wear cosmetics conservatively applied and in good taste. Extreme shades of lipstick and nail polish such as purple, gold, blue, and white will not be worn.

Female Soldiers are authorized optional wear of screw-on, clip-on, or post-type earrings with dress uniforms. Earrings will not exceed 6mm or 1/4 inch in diameter. They will be made of gold, silver, white pearl, or diamond. They must be unadorned and spherical.

The wearing of a wristwatch, a wrist identification bracelet, and not more than two rings (a wedding set is considered one ring) is authorized with Army uniforms.

Eyeglasses or sunglasses that are faddish, or have lenses or frames with initials or other adornments are not authorized for wear.

\*ALL INFORMATION PER AR 670-1, PARA 1-8, 1-14,1-15; FLW Command Policy # 07-07, Wear and Appearance of Uniforms.

### **Military Training Service Support (Billeting):**

Effective 1 Dec 2006 Military Training Service Support (MTSS) was implemented at Fort Leonard Wood and covers all Active Army, National Guard and Reserve Soldiers. This affects the lodging, meals, and transportation at Fort Leonard Wood for US Army Active Component (AC), US Army Reserve (USAR), and US Army National Guard (ARNG) Soldiers attending institutional training for less than 20 weeks on temporary duty (TDY)/ Active duty for training (ADT) orders with classes that report on or after the implementation date. All Army resident service school students in a TDY/ADT status must report to BLDG 470, Suite 1201, lodging office (573-329-3704 / Toll Free: 1-800-677-8356) for a room assignment. Bldg 470 is located on Missouri Avenue and is open 24 hours a day. Review the MTSS fact sheets for more details (see attachments).

### **Military Training Service Support (Dining Procedures):**

EBOLC students will be fed at all on-post dining facilities (breakfast, lunch and dinner Monday through Sunday) starting the day after they arrive through the class end date. Students will be authorized full per-diem for weekend and holiday meals.

### **Personal Property Shipping Information:**

Shipping household goods is an expensive process, and you are limited to a weight allowance based on your rank. If you ship more than you are authorized or ship a greater distance than authorized, you must pay all charges for shipping, packing, crating, and storing the excess. The following paragraphs explain your shipping allowances and weight entitlements:

For a temporary duty (TDY) assignment, second lieutenants are authorized a weight allowance of 600 pounds. For permanent change of station (PCS) moves, the weight allowance for a single second lieutenant (without dependents) is 10,000 pounds. With dependents, the maximum is 12,500 pounds. Single officers being stationed overseas on a short tour (e.g. Korea) are authorized to ship 600 pounds of hold baggage, 1000 pounds household goods, and POV storage.

Single second lieutenants PCSing overseas for long tours (e.g. Germany) are authorized 600 pounds of hold baggage and 1400 pounds of household goods. Second lieutenants being stationed overseas on a long tour and who will be accompanied by family members, are authorized a total of 12,500 pounds combined hold baggage and household goods.

If you are to be permanently assigned to Fort Leonard Wood upon completion of EBOLC, and you desire to ship household goods, you may contact the Installation Transportation Office (ITO) at the military installation nearest you to complete the necessary forms.

If your orders read TDY at Fort Leonard Wood with further assignment to some other installation upon completion of EBOLC, you are NOT AUTHORIZED TO SHIP ANY HOUSEHOLD GOODS ABOVE THE 600 POUND LIMIT to Fort Leonard Wood. You may, however, make arrangements to ship your household goods ahead of time to your first permanent duty station, or have the property placed in storage at origin for the duration of your TDY.

If TDY at Fort Leonard Wood, you must ensure that your orders specify a weight allowance. If your orders do not specify a weight allowance, notify your company commander, professor of military science, or comparable unit representative, as soon as possible.

If you personally transport your belongings (hold baggage and/or household goods) to FLW, this is considered a "Do-It-Yourself-Move (DITY). You must complete the necessary paperwork (DOD Pam 13A) prior to departing your home. This is the only way that the Transportation Office can coordinate with Finance to ensure that you are reimbursed. Contact any military transportation office to verify your eligibility for a DITY Move, and to complete the necessary forms.

For further information regarding the shipment of household goods, contact the Installation Transportation Officer at DSN 581-5212, (573) 596-5212, or refer to DOD Pam 13A, "Its Your Move." Your PMS should also have information on household shipments.

### **Mailing Address:**

Until you receive on or off-post billeting address all correspondence can be forwarded to the following address:

Commander

Attn: (Rank, Name, Class #)

B Company, 554<sup>TH</sup> Engineer Battalion

Fort Leonard Wood, MO 65473-8941

### **Finance**

Finance In-Processing Checklist:

An in-processing briefing, to include finance, will be given to all Officer Students on the first or second day of your scheduled course. "Snowbirds" (those who report early) need to report to

room 1122 in the Soldier Service Center (building 470) at 1430 hours on Thursdays for an early Finance Briefing. Further instructions will be given at that time based on the number of “Snowbirds” that need to be in-processed and the availability of briefing rooms. Please bring the documents listed below that apply to you to the in-processing briefing. The submission of these documents directly affects the processing of your pay. A delay in submission of these documents may cause a delay in receiving your first pay. If you have already being paid for Active Duty, may cause an over, or under payment of your salary and/or benefits. You will complete additional documents at the in-processing briefing.

1. Students with permanent duty at FLW:

Note: you are required to complete a claim for your travel to FLW. You should report to the finance office in room 1122, building 470 at your earliest opportunity to avoid delay in the processing of your travel settlement. You will need to bring the following:

- a. Travel voucher from ROTC/OCS/etc. To FLW (you will complete this when you report to finance).
- b. Receipts for lodging at TDY site (if applicable).
- c. Statement of non-availability (SNA) for meals/lodging at TDY site (if applicable).
- d. Receipts for other expenses (reimbursement cannot be made for expenses of \$75.00 or more without a receipt).
- e. Copies of advance travel/per diem payment and/or actual payment vouchers (if applicable).

2. Married students:

- a. A copy of your marriage certificate that can be retained by finance.
- b. Student married to another service member: be sure your spouse reports your commissioning to his/her finance so that his/her BAH status can be changed. This is very important!!! Overpayment of BAH benefits can occur if his/her BAH status is not changed and collection of the overpayment may cause a financial hardship in the future.

3. Unmarried students with dependent(s):

- a. Finance will need copies of the following documents that can be retained by finance.
- b. Documentation of dependency status (such as: birth certificate, divorce decree, etc.).

Note: if you fall into category “B” above, and you have had no change in your BAH status (marriage, divorce, etc.), you do not have to submit the documentation listed. If you have had a change in your status, the necessary documentation must be submitted to finance upon in-processing to substantiate the change in your BAH status.

## **General Finance Information:**

Soldiers receiving Foreign Language Proficiency Pay (FLPP) must bring their most recent authorization order (to place in suspense for annual recertification).

## **Fact Sheet for Military Personnel Attending Training at Fort Leonard Wood, MO**

1. The Army changed how funds are distributed to the field to support Soldiers attendance to institutional training in a temporary duty or active duty training status. Listed below are some important facts regarding the initiative and the changes that might affect you:

- Includes all Army military components and ranks.
- Does not alter or stop your Basic Allowance for Subsistence.
- Students are no longer required to call and make lodging reservations.
- Students are directed to subsist at installation dining facilities.

2. Soldiers will no longer be required to pay for lodging (on-post or off-post). The cost of your stay will be centrally funded by the Army. FLW will secure all off-post government contracted rooms when on-post lodging is not available. Assignment to government quarters is the responsibility of the installation.

3. All other Soldiers will be assigned to Army lodging. Soldiers assigned to Army lodging without local transportation (POV or rental car) are encouraged to call FLW lodging toll free at 1-800-677-8356 or (573) 596-0665 before leaving their home station so that on-post lodging can be pre-arranged.

## **Open Door Policy**

The Company Commander's open door periods will be announced in a briefing from the commander, and his/her policy letter will be provided upon your arrival. The commander is available at any time through an appointment.

The Company Commander, Small Group Instructor and Platoon Trainers are available at all times on a daily basis. Student officers will ensure that they record their Company Commander's, Small Group Instructors and Platoon Trainers' phone numbers during in-processing.

## **Privately Owned Vehicles**

You are encouraged to bring your Privately Owned Vehicle (POV) to EBOLC. However, there are taxicabs readily available.

Students are not required to register their vehicles on Fort Leonard Wood. Students are required to possess a valid driver's license, motor vehicle insurance, and proof of insurance. Auto insurance must meet or exceed the minimum requirements for the state of Missouri. If you are driving a company car, friend's car, or parent's car, ensure that you have written permission to do



so. It must be in affidavit form (notarized letter). Army Regulations mandate the wearing of seat belts while driving or riding in a vehicle on Fort Leonard Wood. Traffic laws and speed limits are strictly enforced. Use of cell phone without a hands free device is prohibited on-post.

Many Soldiers are killed or seriously injured each year in accidents involving motorcycles, motor scooters, and/or motorbikes. Most of these accidents are preventable. Laws/regulations require that lights be turned on and a helmet, leather gloves, long sleeves, reflecting vest and leather shoes be worn when riding or driving a motorcycle or moped on FLW. Additionally, all operators must attend a motorcycle driver safety course. Report to the Provost Marshall Building #1000 to sign up for the next available class.

Driving while intoxicated or under the influence of drugs is strictly forbidden and is closely monitored by local and military police. Penalties for alcohol-related improprieties are fair, swift, and may include any or all of the following: elimination from EBOLC, involuntary separation from the army, punitive fines, incarceration, and unfavorable administrative action. UCMJ authority for officers for alcohol related incidents is held at the Commanding General level.

### **Privately Owned Weapons**

Though strongly discouraged, if a student wishes to bring a personally owned weapon, he or she must register his or her weapon(s) with the Provost Marshal during in-processing. Weapons and ammunition must be stored separately when transporting on post. Neither weapons nor ammunition will be stored in on-post billets.

Military personnel may not possess any of the following items:

Any knife having a blade more than 2 ½ inches in length, except a wildlife game or fishing knife, not concealed, used in the pursuance of game. This includes Army issued bayonets.

"Brass Knuckles," "Knucks," "Knucklers," or any device fitting over the hand and used in striking another person.

"Blackjacks," "Slappers," "Saps," "Nun Chucks," or other related devices.

Straight razors, carried or concealed on the person, other than those used at the time by the individual for shaving purposes.

Any knife having a "switch" blade or automatic blade opener.

Ammunition or pyrotechnics of any type when not being used in training, target, or hunting activity.

Homemade percussion-type weapons or any other article with the above directives. Prohibited articles found in the possession of personnel in the BOQ will be confiscated and administrative or disciplinary action may result.

### **Physical Fitness and Height and Weight Requirements for EN BOLC training:**

Each student officer will comply with AR 600-9 concerning the Army's weight control program by maintaining the correct body composition for his or her age. Students should report to EBOLC in excellent physical condition, in compliance with Army height and weight standards, and be able to pass the Army Physical Fitness Test.

All students attending the Engineer Basic Officer Leader Course must pass the Army Physical Fitness Test (APFT) which consists of push-ups, sit-ups, and a 2-mile run. All events are timed. The minimum score required to pass the APFT is 60 points in each of the three events. Two APFT's are administered to EBOLC students while attending the course. A diagnostic APFT is administered during the first week of the course and the final APFT. Students with valid medical profiles are allowed to take an alternate APFT consisting of a 6.2 mile ride using a stationary/conventional bike, a 2.5 mile walk, or an 800 yard swim.

Active duty Students who fail the APFT test or Height/Weight will be held over and not permitted to graduate or report to their next duty station until they pass both. Reserve/National Guard students who fail either the H/W or APFT will not be considered a graduate and will not receive an AER. They may be recalled to their unit/state as a non-graduate.

The Army Physical Fitness Uniform (IPFU) consists of the Army black fitness shorts, Army gray fitness shirt with reflective lettering, socks with no logos, and sweat suit. These items must be in your possession upon arrival at the Basic Officer Leader Course.

**\*SUGGESTION:** Bring a good pair of running shoes with you. If that is not possible, there are several places in the local area, both on and off post, where you may purchase good running shoes.

### **Academic Testing:**

All students attending the Engineer Basic Officer Leader Course must maintain at least a 70% cumulative test average in order to successfully complete the course. If a student's cumulative grade point average drops below 70% a review of that officer's student status may be initiated.

Additionally, all students attending the Engineer Basic Officer Leader Course must score at least a 70% on each individual academic exam in order to successfully pass that exam. Failing any exam during the course will result in academic counseling and may result in an academic recycle. A full explanation of the academic SOP will be briefed to the students on Day Zero.

### **General Information about Fort Leonard Wood**

FLW offers an excellent Commissary and Post Exchange facility. The commissary is located near the main exchange complex. It stocks more than 11,000 lines of nationally advertised products, and it contains meat and produce department, a deli and a bakery. The main exchange offers car rental, optical shop, florists, electronics shop, and various other concessionaires. The food court located in the main exchange offers Chinese food, Anthony Pizza, Robin Hood's (deli

sandwiches), Greek food and Einstein Bros. Bagel. There is an additional food parlor with a Churches Chicken and a Burger King opposite the main PX building.

Check cashing:

Soldiers may cash personal checks at the PX. The maximum amount is \$300.00 per check.

Service station:

Operates 24 hours per day and seven days per week.

Chapel Services and Programs:

There are several chapel services and programs located throughout the installation. Services include Catholic, Protestant, Apostolic Pentecostal, Church of Christ, Gospel, Jewish, Latter Day Saints, Episcopal, Lutheran, Orthodox Christian, Seventh Day Adventist, and Buddhist. Please contact Post Chaplain's Office at (573) 596-0309 to obtain time and location of your desired denominational service.

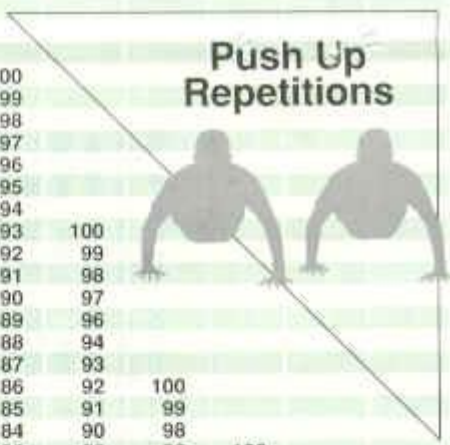
## ANNEX A

### GLOSSARY OF COMMON ABBREVIATIONS

AC.....	Assistant Commandant
ACS.....	Army Community Service
AG.....	Adjutant General
AR.....	Army Regulation
ASAP.....	As Soon As Possible
ADT.....	Active Duty for Training
AER.....	Academic Evaluation Report
APFT.....	Army Physical Fitness Test
ARNG.....	Army National Guard
ARTEP.....	Army Training and Evaluation Program
AWOL.....	Absent Without Leave
BAH.....	Basic Allowance for Housing
BAS.....	Basic Allowance for Subsistence
BDE.....	Brigade
BDU.....	Battle Dress Uniform (fatigues)
BN.....	Battalion
BOQ.....	Bachelor Officers' Quarters
CDR.....	Commander
CO.....	Commanding Officer
COB.....	Close of Business
CSM.....	Command Sergeant Major
EBOLC.....	Engineer Basic Officer Leader Course
ETS.....	Expiration Term of Service
FM.....	Field Manual
FTX.....	Field Training Exercise
JAG.....	Judge Advocate General
NCO.....	Non-Commissioned Officer
NLT.....	No Later Than
NST.....	No Sooner Than
OBV.....	Obligated Volunteer: 2, 3, 4 years
OER.....	Officer Evaluation Report
OPD.....	Officer Professional Development
PAC.....	Personnel Administration Center
PCS.....	Permanent Change of Station
RA.....	Regular Army
SGI.....	Small Group Instructor
STX.....	Situational Training Exercise
TAPC.....	Total Army Personnel Command (Previously Known as MILPERCEN -- Military Personnel Center)
TEWT.....	Tactical Exercise without Troops
VIP.....	Very Important Person

Age Group	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
Reps	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
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74			99		97		99													
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32	46	83	51	81	53	78	56	83	58	62	68	73	76	79						
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30	43	79	49	78	50	76	54	80	56	60	66	71	74	76						
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28	41	76	46	75	48	73	52	77	54	58	64	69	72	74						
27	39	74	45	74	47	72	51	76	53	57	62	68	71	73						
26	38	72	44	72	46	71	50	75	52	56	61	67	70	72						
25	37	70	43	71	45	70	49	73	51	54	60	65	68	71	100					
24	35	69	42	70	44	68	48	72	50	53	59	64	67	69	98					
23	34	67	41	68	43	67	47	71	49	52	58	63	66	68	96					
22	32	65	39	67	42	66	46	69	48	51	56	61	64	66	93					
21	31	63	38	66	41	65	45	68	47	50	54	59	62	64	91					
20	30	62	37	64	40	64	44	67	46	49	53	57	60	62	89					
19	28	60	36	63	39	62	43	65	45	48	51	55	58	61	87					
18	27	58	35	61	38	61	42	64	44	47	50	53	56	59	84					
17	26	57	34	60	37	60	41	63	43	46	49	52	55	57	82					
16	24	55	33	59	36	59	39	61	42	44	47	50	53	55	80					
15	23	53	31	57	35	58	38	60	41	43	46	49	52	54	78					
14	21	51	30	56	34	56	37	59	39	42	45	48	51	53	76					
13	20	50	29	54	33	55	36	58	38	41	44	47	50	52	73					
12	19	48	28	52	32	54	35	56	37	40	43	46	49	51	71					
11	17	46	27	50	31	52	34	54	36	39	42	45	48	50	69					
10	16	44	26	49	29	50	33	52	35	38	41	44	47	49	67					
9	14	43	25	49	28	49	32	50	34	37	40	43	46	48	64					
8	13	41	23	48	27	49	31	49	33	36	39	42	45	47	62					
7	12	39	22	46	26	48	30	49	32	34	37	40	43	45	60					
6	10	37	21	45	25	47	29	48	31	33	36	39	42	44	58					
5	9	36	20	43	24	45	28	47	30	32	35	38	41	43	56					

Push Up Repetitions



Effective Date: Oct. 1, 1998



Age Group	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+
Reps	M/F	M/F	M/F	M/F	M/F	M/F	M/F	M/F	M/F	M/F
82			100							
81			99							
80		100	98							
79		99	97							
78	100	97	96							
77	98	96	95							
76	97	95	94	100	100					
75	95	93	92	99	99					
74	94	92	91	98	98					
73	92	91	90	96	97					
72	90	89	89	95	96	100				
71	89	88	88	94	95	99				
70	87	87	87	93	94	98				
69	86	85	86	92	93	97				
68	84	84	85	91	92	96				
67	82	83	84	89	91	95				
66	81	81	83	88	89	94	100	100		
65	79	80	82	87	88	93	99	99		
64	78	79	81	86	87	92	98	98	100	
63	76	77	79	85	86	91	97	97	99	100
62	74	76	78	84	85	90	96	96	98	99
61	73	75	77	82	84	89	94	95	97	98
60	71	73	76	81	83	88	93	94	96	97
59	70	72	75	80	82	87	92	93	95	96
58	68	71	74	79	81	86	91	92	94	95
57	66	69	73	78	80	85	90	91	92	94
56	65	68	72	76	79	84	89	89	91	92
55	63	67	71	75	78	83	88	88	90	91
54	62	65	70	74	77	82	87	87	89	90
53	60	64	69	73	76	81	86	86	88	89
52	58	63	68	72	75	80	84	85	87	88
51	57	61	66	71	74	79	83	84	86	87
50	55	60	65	69	73	78	82	83	85	86
49	54	59	64	68	72	77	81	82	84	85
48	52	57	63	67	71	76	80	81	83	84
47	50	56	62	66	69	75	79	80	82	83
46	49	55	61	65	68	74	78	79	81	82
45	47	53	60	64	67	73	77	78	79	81
44	46	52	59	62	66	72	76	77	78	79
43	44	50	58	61	65	71	74	76	77	78
42	42	49	57	60	64	70	73	75	76	77
41	41	48	56	59	63	69	72	74	75	76
40	39	47	55	58	62	68	71	73	74	75
39	38	45	54	56	61	67	70	72	73	74
38	36	44	52	55	60	66	69	71	72	73
37	34	43	51	54	59	65	68	69	71	72
36	33	41	50	53	58	64	67	68	70	71
35	31	40	49	52	57	63	66	67	69	70
34	30	39	48	50	56	62	64	66	68	69
33	28	37	47	49	55	61	63	65	66	68
32	26	36	46	48	54	60	62	64	65	66
31	25	35	45	47	53	59	61	63	64	65
30	23	33	44	46	52	58	60	62	63	64
29	22	32	43	45	50	57	59	61	62	63
28	20	31	42	44	49	56	58	60	61	62
27	18	29	41	42	48	55	57	59	60	61
26	17	28	39	41	47	54	56	58	59	60
25	15	27	38	40	46	53	54	57	58	59
24	14	25	37	39	45	52	53	56	57	58
23	12	24	36	38	44	51	52	55	56	57
22	10	23	35	36	43	50	51	54	55	56
21	9	21	34	35	42	49	50	53	54	55

## Sit Up Repetitions





Age Group	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		62+	
Times	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
12:54																				
13:00	100		100																	
13:06	99		99																	
13:12	97		98																	
13:18	96		97		100		100													
13:24	94		96		99		99													
13:30	93		94		98		98													
13:36	92		93		97		97		100											
13:42	90		92		96		96		99											
13:48	89		91		95		95		98											
13:54	88		90		94		95		97											
14:00	86		89		92		94		97											
14:06	85		88		91		93		96		100									
14:12	83		87		90		92		95		99									
14:18	82		86		89		91		94		98									
14:24	81		84		88		90		93		97		100							
14:30	79		83		87		89		92		97		99							
14:36	78		82		86		88		91		96		98							
14:42	77		81		85		87		91		95		98		100					
14:48	75		80		84		86		90		94		97		99					
14:54	74		79		83		85		89		93		96		98					
15:00	72		78		82		85		88		92		95		98					
15:06	71		77		81		84		87		91		95		97					
15:12	70		76		79		83		86		90		94		96					
15:18	68		74		78		82		86		90		93		95		100			
15:24	67		73		77		81		85		89		92		95		99			
15:30	66		72		76		80		84		88		91		94		98			
15:36	64	100			75		79		83		87		91		93		97			
15:42	63	99		100	74		78		82		86		90		92		97		100	
15:48	61	98		98	73	100	77		81		85		89		91		96		99	
15:54	60	96		97	72	99	76	100	80		84		88		91		95		98	
16:00	59	95		96	71	98	75	99	80		83		87		90		94		97	
16:06	57	94		95	70	97	75	99	79		83		87		89		93		96	
16:12	56	93		94	69	97	74	98	78		82		86		88		92		95	
16:18	54	92		93	68	96	73	97	77		81		85		87		91		94	
16:24	53	90		92	66	95	72	97	76		80		84		87		90		93	
16:30	52	89		91	65	94	71	96	75		79		84		86		90		93	
16:36	50	88		90	64	93	70	95	74		78		83		85		89		92	
16:42	49	87		89	63	92	69	94	74		77		82		84		88		91	
16:48	48	85		88	62	91	68	94	73		77		81		84		87		90	
16:54	46	84		87	61	91	67	93	72		76		80		83		86		89	
17:00	45	83		86	60	90	66	92	71	100	75		80		82		85		88	
17:06	43	82		85	59	89	65	92	70	99	74		79		81		84		87	
17:12	42	81		84	58	88	65	91	69	99	73		78		80		83		86	
17:18	41	79		83	57	87	64	90	68	98	72		77		80		83		85	
17:24	39	78		82	56	86	63	90	68	97	71	100	76		79		82		84	
17:30	38	77		81	55	86	62	89	67	96	70	99	75		78		81		83	
17:36	37	76		80	54	85	61	88	66	95	70	98	75	100	77		80		82	
17:42	35	75		79	52	84	60	88	65	95	69	98	74	99	76		79		81	
17:48	34	73		78	51	83	59	87	64	94	68	97	73	99	76		78		80	
17:54	32	72		77	50	82	58	86	63	94	67	97	73	98	75		77		80	
18:00	31	71		76	49	81	57	86	63	93	66	96	72	97	74		77		79	
18:06	30	70		75	48	80	56	85	62	92	65	96	71	97	73		76		78	
18:12	28	68		74	47	80	55	84	61	92	64	95	70	96	73		75		77	
18:18	27	67		73	46	79	55	83	60	91	63	94	69	96	72		74		76	
18:24	26	66		72	45	78	54	83	59	90	63	94	69	95	71		73		75	
18:30	24	65		71	44	77	53	82	58	89	62	93	68	94	70		72		74	
18:36	23	64		70	43	76	52	81	57	89	61	92	67	94	69		71		73	
18:42	21	62		69	42	75	51	81	57	88	60	92	66	93	69		70		72	
18:48	20	61		68	41	74	50	80	56	87	59	91	65	92	68		70		71	
18:54	19	60		67	39	74	49	79	55	87	58	90	65	92	67		69		70	
19:00	17	59		66	38	73	48	79	54	86	57	90	64	91	66	100	68		69	
19:06	16	58		65	37	72	47	78	53	85	57	89	63	91	65	99	67		68	
19:12	14	56		64	36	71	46	77	52	85	56	89	62	90	65	99	66		67	
19:18	13	55		63	35	70	45	77	51	84	55	88	62	89	64	98	65		67	
19:24	12	54		62	34	69	45	76	51	83	54	87	61	89	63	97	64		66	
19:30	10	53		61	33	69	44	75	50	82	53	87	60	88	62	96	63		65	
19:36	9	52		60	32	68	43	74	49	82	52	86	59	87	62	96	63		64	
19:42	8	50		59	31	67	42	74	48	81	51	85	58	87	61	95	62	100	63	
19:48	6	49		58	30	66	41	73	47	80	50	85	58	86	60	94	61	99	62	
19:54	5	48		57	29	65	40	72	46	80	50	84	57	86	59	93	60	98	61	
20:00	3	47		56	28	64	39	72	46	79	49	83	56	85	58	93	59	98	60	100
20:06	2	45		55	26	63	38	71	45	78	48	83	55	84	58	92	58	97	59	99
20:12	1	44		54	25	63	37	70	44	78	47	82	55	84	57	91	57	96	58	98
20:18	0	43		53	24	62	36	70	43	77	46	82	54	83	56	90	57	95	57	98
20:24		42		52	23	61	35	69	42	76	45	81	53	82	55	90	56	95	56	97
20:30		41		51	22	60	35	68	41	75	44	80	52	82	55	89	55	94	55	96
20:36		39		50	21	59	34	68	40	75	43	80	51	81	54	88	54	93	54	95
20:42		38		49	20	58	33	67	40	74	43	79	51	81	53	87	53	92	53	94
20:48		37		48	19	57	32	66	39	73	42	78	50	80	52	87	52	91	53	94
20:54		36		47	18	57	31	66	38	73	41	78	49	79	51	86	51	91	52	93
21:00		35		46	17	56	30	65	37	72	40	77	48	79	51	85	50	90	51	92
21:06		33		45	16	55	29	64	36	71	39	77	47	78	50	84	50	89	50	91
21:12		32		44	15	54	28	63	35	71	38	76	47	77	49	84	49	88	49	90
21:18		31		43	14	53	27	63	34	70	37	75	46	77	48	83	48	87	48	90
21:24		30		42	12	52	26	62	34	69	37	75	45	76	47	82	47	87	47	89
21:30		28		41	11	51	25	61	33	68	36	74	44	76	47	81	46	86	46	88
21:36		27		40	10	51	25	61	32	68	35	73	44	75	46	81	45	85	45	87
21:42		26		39	9	50	24	60	31	67	34	73	43	74	45	80	44	84	44	86
21:48		25		38	8	49	23	59												

ANNEX C  
**IMPORTANT PHONE NUMBERS**

The point of contact for this memorandum is B Company Operations at (573) 596-0131 Ext. 67141. Any questions or concerns should first be directed to the Operations Office before contacting the Commander or First Sergeant.

The following are additional numbers you may find useful:

B Co Commander	(573) 596-7346
B Co 1SG	(573) 596-4578
B Co XO	(573) 596-2317
B Co Fax	(573) 596-0793
Post Operator	(573) 596-0131
Post Staff Duty	(573) 563-6126
BDE Staff Duty	(573) 596-0222
FLW MP Desk	(573) 563-6141
FLW Reservations	(800) 677-8356
FLW Lodging	(573) 596-0999
Post Cab	(573) 563-0111
Chaplains Activity Office	(573) 596-0309

\*\* If you are calling from an off post phone you must first dial (573) 596-0131 then the last 5 digits of the Ext you are trying to reach.



Annex D  
**Packing List:**

1. The following are the items required for all students to have prior to the start date EBOLC:  
(\*\* indicates optional items)

a. Formal uniforms:

Army Service Uniform (\*\* for ARNG and USAR\*\*)

\*Reserve Component Officers who do not have ASU's can wear Class A's for the banquet with white shirt and black tie until July 2014.

Black bow tie

Black tie

Long sleeve white dress shirt - 2 each

Short sleeve white dress shirt - 2 each

Socks, black - 2 pair

Black low-quarter shoes - 1 pair

Belt and buckle, brass - 1 each

Engineer Buttons (See attached A)

\*\* All weather coat (not required, but recommended for winter months 1SEP-1MAY)

b. Duty uniform:

ACU's - 4 sets minimum (w/ 4 complete sets of patches)

Tan T-shirt - 6 each

Socks, OD tan/green/black (Army issue) - 6 pair

Boots, tan combat - 2 pairs (recommend one broke in pair)

Belt, Tan 2" nylon web - 1 each

Black **Leather** gloves

ACU patrol cap w/ rank and name tape

Coat, cold weather, ACU (either cold weather jacket

\*\*Helmet band with name

\*\*Gortex (Gortex may or may not be issued at CIF, recommended that you bring your own if you have one)

\*\*Green fleece w/ US and name tag if worn as outer garment

\*\*Black Fleece

c. Improved Physical Fitness Uniform (IPFU)

Shorts - 3

Short Sleeve shirt - 3

PT long sleeve shirt – 3 *mandatory for winter months 1 SEP- 1 MAY* (\*\*summer months)

Winter APFU - 1 set

Green fleece PT cap

Running shoes - 1 pair

Gloves

d. Other:

- Toiletries
- Brown army towel
- Brown army wash cloth
- Five subject note book
- Scientific Calculator
- Map pens, permanent
- \*\*Laptop
- \*\*Printer
- \*\*Resealable storage bags (quart/gallon size)
- \*\*Backpack/book bag, Military in color no logos or emblems.
- Civilian clothing as desired (remember, you do not have a lot of space)
- Duffel Bag - 1 each

2. All students will participate in a formal banquet and must wear ASU or Class A (Reserve Component Only).

3. You will be required to have an extra rank and name tape to put on your interceptor body armor (IBA) issued from CIF.

4. Students will receive a CIF issue but are encouraged to bring additional issued cold weather gear or any other FTX equipment and supplies needed (ie: camelback, butt pack, map cases).

You will be issued a complete set of TA-50 upon arrival at EBOLC, but you may or may not be issued Gore-Tex, polypropylene, sweatband for Kevlar. Read AR 670-1, Appendices B-E (page 330), which tells you which uniform items you are required to have/purchase.

The beret is worn during regular duty days; however, you will also need an ACU patrol cap for field training and outdoor practical exercises.

**ENGINEER SCHOOL PATCH:** Only your follow-on assignment patch, NG/USAR unit patch, or the U.S. Army Engineer School patch (shown below) is authorized. If you can't get one of these at your current location, contact the Fort Leonard Wood Military Clothing Sales at (573) 596-0131 ext 6-1502 for assistance.



**ENGINEER BUTTONS:** All students, regardless of component, are required to have engineer buttons on their ASUs or Green uniform.

